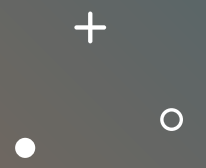


To Live is Christ
and to Die is
Gain
Phi 1:21-26



²¹ For to me, **to live is Christ**, and **to die is gain**. ²² But if I live on in the flesh, this will mean fruit from my labor; yet what I shall choose I cannot tell. ²³ For **I am hard-pressed between the two**, having a desire to depart and be with Christ, which is far better.

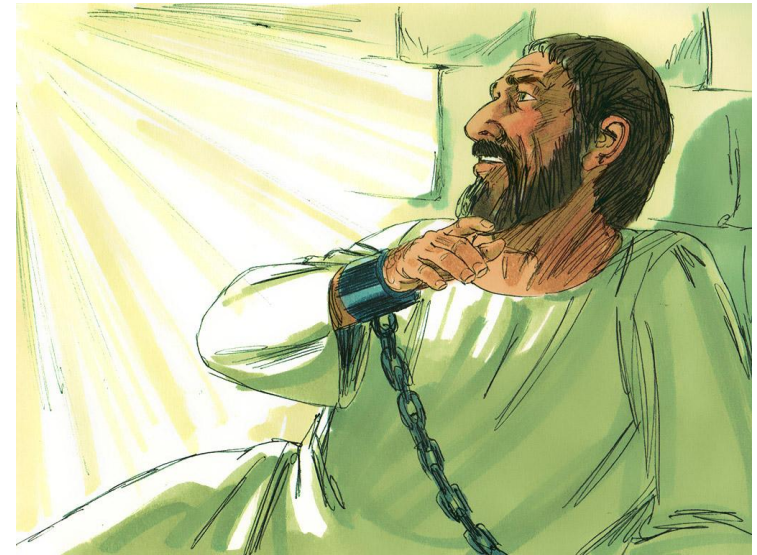
²⁴ Nevertheless **to remain in the flesh is more needful for you**. ²⁵ And being confident of this, I know that I shall remain and continue with you all for your progress and joy of faith, ²⁶ that your rejoicing for me may be more abundant in Jesus Christ by my coming to you again.
(NKJV)

Personal and Expressive – Joy (Cheerfulness)

³ I thank my God upon every remembrance of you, ⁴ always in every prayer of mine making request for you all with joy, ⁵ for your fellowship in the gospel from the first day until now, ⁶ being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ; ⁷ just as it is right for me to think this of you all, because I have you in my heart, inasmuch as both in my chains and in the defense and confirmation of the gospel, you all are partakers with me of grace.

Paul a Prisoner

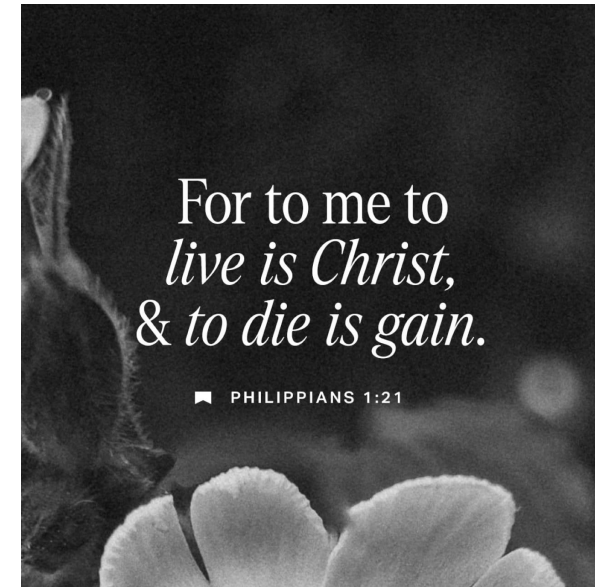
¹⁹ For I know that this will turn out **for my deliverance** through your prayer and the supply of the Spirit of Jesus Christ, ²⁰ according to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now also **Christ will be magnified in my body, whether by life or by death.**



To Live is Christ and to Die is Gain

²¹ For to me, to live is Christ, and to die is gain. ²² But if I live on in the flesh, this will mean fruit from my labor; yet what I shall choose I cannot tell.

²³ For I am hard-pressed between the two, having a desire to depart and be with Christ, which is far better.



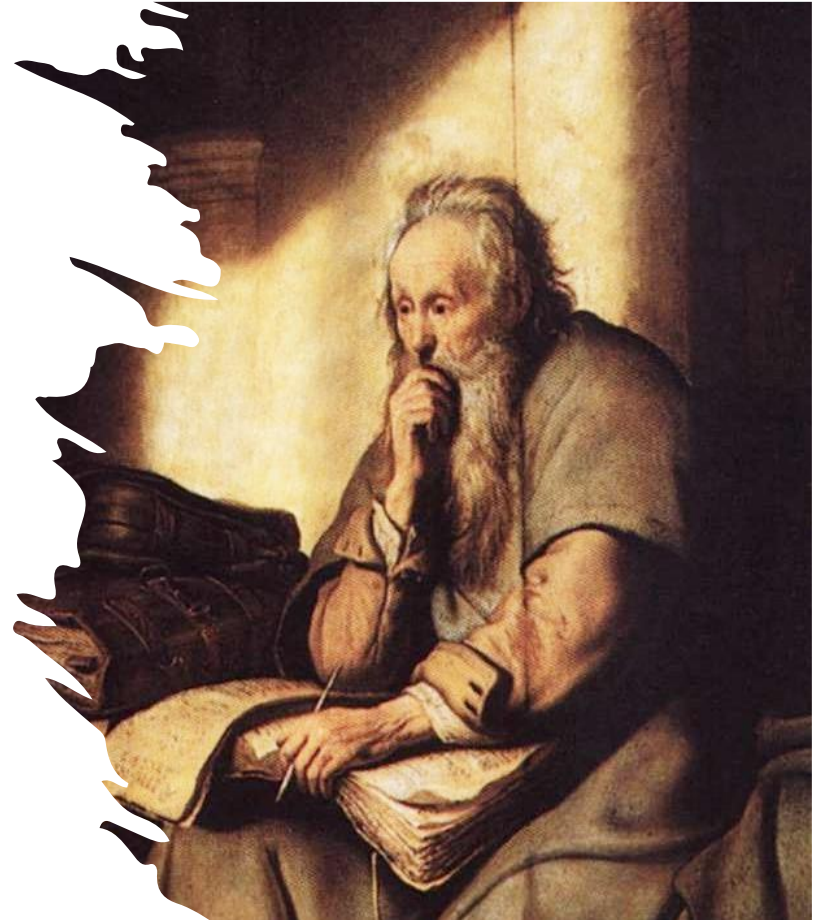
To Live is Christ and to Die is Gain

²² ... yet **what I shall choose I cannot tell.** ²³ For I am **hard-pressed between the two** ...

Paul in unpleasant situation

⁷ ... inasmuch as both in **my chains** ...
¹² ... the **things which happened to me** ...
¹³ ... **my chains** are in Christ ...

Paul had suffered much. Enough?
Some of us are really suffering



To Live is Christ

²¹ For to me, **to live is Christ** ... ²² But if I live on in the flesh, this will mean **fruit from my labor** ...

²⁴ Nevertheless to remain in the flesh *is* **more needful for YOU**. ²⁵ And being confident of this, I know that I shall remain and continue with you all **for your progress and joy** of faith, ²⁶ that **your rejoicing** for me may be more abundant in Jesus Christ by my **coming to you** again.

To Live is Christ

Purpose in Life

To Live for Christ

Fruitful labor for Christ

Serving God, building others

Generally and specifically



To Live is Christ

Serving God by Serving Others

²⁴ Nevertheless to remain in the flesh *is* more **needful for YOU**. ²⁵ ... that I shall remain and continue with you all **for your progress and joy** of faith, ²⁶ that your rejoicing for me ... by my **coming to you** again.

What is our purpose for living?

Living for Christ, serving Him and serving others

Life is short – a joy to build others

To Die is Gain

²¹ ... and to die is gain... ²³ ... having a desire to depart and be with Christ, which is far better.

Gain – profit, advantage

Desire - longing

Be with Christ

No more suffering

Far better





To Die is Gain

Life with Christ is far better
There may be times when
we wish we could just die



Suicide is second leading cause of death in the world

About 1 in 3 individuals who commit suicide expressed their suicide intentions verbally or through writing.

Malaysia has struggled to collect reliable data on attempted and completed suicides in Malaysia (Maniam, 1995). The National Suicide

[Sign In](#)[My Feed](#)

Edition: Asia

[Top Stories](#)[Latest News](#)[Singapore](#)[Asia](#)[East Asia](#)[Commentary](#)[Insider](#)[TODAY](#)[Lifestyle](#)[Watch](#)[Listen](#)[All](#) 

Singapore

314 suicides reported in Singapore in 2024; largest increase observed in 30-39 age group

Of the 314 reported suicide deaths, 202 were men, while the remaining 112 were women.



Darcel Al Anthony

19 Jul 2025 09:01AM

PEOPLE'S
VOICE

codeblue@galencentre.org

Write to us

English/ BM
welcome



Attempted Suicide Rate Rises To 10% Among Malaysian Teens: NHMS Survey

By CodeBlue | 29 May 2023

NHMS 2022 survey shows an increase in suicidal thought and attempted suicide rates to 13.1% and 9.5% respectively among Malaysian teens aged 13-17. Higher prevalence reported among girls – 18.5% (suicidal thought), 13.4% (attempted suicide) – than boys.



**A GROWING CONCERN ON SUICIDAL
AMONG ADOLESCENTS**

To Live is Christ and To Die is Gain

- A **time to live** and a **time to die**
- **When we live**, we live for Christ
 - Fruitful labor
 - Building others
- **When we die**, we will be with Christ
 - An assured hope
 - Something to look forward to

==FOR ME==
to live is
CHRIST
to die is
GAIN
.....
PHILIPPIANS 1:21